



Food Safety

This information sheet has been designed to provide guidance to those wishing to undertake food handling activities in the City of Nedlands. It aims to provide a basic yet informative source of information on important aspects of food safety. It applies particularly to persons wishing to operate temporary food stalls at events being held within the City of Nedlands. This is a guide only. All food handling activities must comply with the *Health Act 1911*, *Food Act 2008* and Food Standards *Food Safety Standards*. Please contact Council's Environmental Health Officer on 9273 3500 for further information.

What are my responsibilities as a food handler?

It has been shown that approximately 5.4 million Australian's suffer from food borne disease (food poisoning) every year as a result of eating 'bad' food. Symptoms of food poisoning range in severity from vomiting and diarrhoea to organ damage and even death. Official notifications of food poisoning continue to increase globally with most 'victims' being either elderly, young or having compromised immune systems.

In Western Australia, the *Food Act 2008* governs the preparation, sale and supply of food products for gain or reward (i.e. business purposes). The intent of the Act and associated legislation is to prevent the transmission of food borne disease (food poisoning) within the community. It requires food handlers (e.g. restaurant operators/food stall operators) to take all practicable measures to protect food from contamination and to serve only safe and suitable food.

As a food handler, you are responsible for the safe handling of food. More specifically, this means:

- Handling food in a manner that maintains the food free from harmful bacteria/germs
- Displaying good personal hygiene practices
- Maintaining clean and sanitary food preparation and storage areas to minimise the risk of contamination of food
- Transporting and storing food at adequate temperatures to prevent bacterial growth; and
- Disposing of waste correctly

By applying safe food handling practices, food is more likely to be safe for consumption, particularly for those in the at risk categories such as the elderly and young children.

Personal Hygiene

1. Hand washing

Many people undervalue the importance of hand washing. It has been shown however, that lack of or improper hand washing increases the risk of transmission of illness. Good hand washing practices are essential to the safe preparation and consumption of food. It is a legal requirement that hands be washed whenever they are likely to be a source of contamination of food. As a rule, hands should be washed at the following times:

- Before handling food (particularly ready to eat food)
- After visiting the toilet
- After smoking
- After handling money or touching any part of the body or thing that may contaminate food

Hands should be washed with soap/detergent and warm water and dried with a paper towel not a tea towel. Hand sanitizer gels are not sufficient for use in food handling

If gloves are used, separate gloves must be used for separate activities. Gloves are not a replacement for hand washing, bacteria can survive on gloves in much the same way as hands.

2. Hand washing facilities

Hand washing facilities shall be provided within all stalls selling ready to eat food, potentially hazardous foods or providing tastings/samples to the public. As a minimum, the following is required:

- A clean 20L container with a tap containing fresh potable water
- A bucket or other receptacle to contain used water
- Liquid soap and paper towels shall be provided

All waste water shall be disposed of to sewer (i.e. down toilets) not to storm water drains. If sewer access is not available, waste water shall be taken away with the stallholder at the end of the day.

3. Clothing

Persons involved in the handling of food are should wear clean work attire appropriate for the food handling activity in which they are engaged. Clothing is to be maintained free from contamination at all times as far as practicable. Enclosed footwear is recommended to be worn in food preparation areas at all times.

Persons involved in the preparation / sale of food are advised to tie hair back or wear an adequate hair covering to prevent hair from falling into food

4. Personal Effects

Non-essential jewellery should not be worn during food handling activities. Jewellery provides an obstacle to thorough and effective hand washing and may harbour high levels of bacteria. Jewellery may also become loose and fall into food. For this reason, wedding bands/engagement rings and earrings should also be removed or secured with a bandaid. Long fingernails and nail varnish/polish are not appropriate for food handling activities as they can contaminate food should they break or chip.

5. Sickness

Any person suffering from a food borne illness (e.g. food poisoning, stomach bug) shall not participate in food handling activities. Any person suffering a health condition that may be a source of contamination of food (e.g. chest cold/wound) must take all reasonable measures to prevent the contamination of food as a result of the condition.

Cleaning

All food preparation areas, utensils, surfaces and equipment within a food premises whether temporary or permanent must be thoroughly cleaned and sanitised after being used or otherwise soiled. Cleaning is necessary to remove potentially harmful bacteria from food contact surfaces. The following steps are regarded as the most effective way of achieving a 'good clean'.

1. **Preparation** - remove loose dirt and food particles
2. **Cleaning** – wash with hot water and detergent. Rinse with clean water
3. **Sanitising** – apply sanitiser (e.g. dilute bleach). Rinse with clean water
4. **Air drying** – leave surfaces and equipment to dry

Both a detergent and a sanitising agent are required for effective cleaning. Detergent used in conjunction with warm/hot water breaks down grease, fats, oils and other food accumulations whilst the use of a sanitiser kills bacteria. Washing with detergent alone does not effectively kill harmful bacteria.

How to Sanitise

Most food poisoning bacteria are killed if they are exposed to chemical sanitisers, heat or a combination of both. To sanitise small items, soak them for at least 5 minutes in clean hot water (50°C) with 1.25ml of bleach added per litre of water. To sanitise surfaces, a dilute bleach solution or equivalent sanitising agent applied using a spray bottle is recommended. A contact time of at least 5 minutes is recommended for effective sanitation of surfaces.

Please note that “Spray and Wipe” or other similar products are not sanitisers.



Effective cleaning removes bacteria from surfaces and reduces the likelihood of contamination of food. Cleaning should be carried out on a regular basis in order to maintain food preparation/storage areas in a clean and sanitary state.

Utensil washing facilities

Utensil washing facilities shall be provided within stalls selling ready to eat foods or stalls where utensils are used in the preparation, service and/or sale of food. Utensil washing facilities must be separated from hand washing facilities.

Food

Temperature Control

Potentially hazardous foods are defined as those *'foods that must be kept at certain temperatures to minimise the growth or harmful microorganisms that may be present in the food'* (FSANZ). Potentially hazardous foods are frequently associated with food borne disease (food poisoning). Potentially hazardous foods may be classified as either hot or cold.

Hot potentially hazardous foods – are those foods intended to be served/sold hot. Such foods may include stews, soups, carved meat, cooked rice, meat pies etc. These foods must be kept at above 60°C to minimise/inhibit the growth of harmful bacteria.

Cold potentially hazardous foods – are those foods intended to be served/sold cold. Such foods may include uncooked meat, cold meats, cream, custard, cakes/slices, sandwiches and salads. These foods must be kept below 5°C to minimise/ inhibit the growth of harmful bacteria.

Equipment used to maintain food at either above 60°C or below 5°C (e.g. refrigerator, pie warmer) must be functional and capable of maintaining required temperatures at all times during storage, transport and/or display.

A probe food thermometer **must** be available for use. Thermometers are available from catering suppliers or hardware stores.

Storage of food

All foods at the stall shall be covered or suitably enclosed to provide protection from dirt, dust, flies and other sources of contamination. All containers/equipment used to store food shall be clean, impervious and free from damage /deterioration. All foods shall be stored off the ground.

All cold potentially hazardous foods shall be stored **below 5°C** during the operation of the stall. All potentially hazardous hot foods shall be stored **above 60°C** during the operation of the stall.

Making Food at Home

Potentially hazardous foods prepared for sale must be prepared in a commercial kitchen facility. Potentially hazardous foods are not permitted to be prepared for sale in residential kitchens. Low risk foods eg. bread, some baked goods or confectionery, are only permitted to be prepared in residential premises following the approval of the respective local government in which the home resides. This City of Nedlands has produced an information sheet “Food Prepared in Residential Premises” which may be referred to for further detail.

Cooking

All heating and cooking equipment including open flames, barbeques and cooking plates shall be located within the stall or otherwise suitably protected from contamination. Raw foods awaiting cooking and foods which have been cooked shall not be displayed, stored or held outside the stall. Cooked and raw foods should be stored separately to avoid cross contamination. The cooking area is to be kept free from air-borne contamination (dust, coughing, sneezing etc).

Where cooking is carried out, provision shall be made to protect the stall walls from heat, flame and splashing. A fire extinguisher of adequate size shall be provided convenient to every stall where open flame cooking is carried out.

Labelling of Food

All packaged food not intended for consumption at the stall/event (e.g. jam, chutney, biscuits, cakes, lollies) shall bear a legible and appropriately sized label comply with Part 1.2 of the FSANZ Food Standards Code available from www.foodstandards.gov.au

Transport of food

An approved food transport vehicle shall be provided for the transport of food to the stall unless otherwise authorised by an Environmental Health Officer.

All food in transit to the stall shall be covered or suitably enclosed to provide protection from dirt, dust, flies and other sources of contamination. All containers/equipment used to store food must be clean, impervious and free from damage /deterioration.

All potentially hazardous cold foods shall be stored **below 5°C** during transport to the stall. All potentially hazardous hot foods shall be stored **above 60°C** during transport to the stall.

The parts vehicle itself must be designed and constructed so that it is capable of being effectively cleaned. In addition any surfaces in the vehicle that are in contact with food must be able to be cleaned and where required sanitised to an acceptable standard.

Waste Disposal

All wastes generated at food premises whether temporary or permanent must be disposed of correctly. Proprietors/stall holders have a responsibility to ensure that wastes do not become offensive with regard to odour and do not attract pests and vermin.

Waste receptacles should therefore have their lids on at all times except where waste is being deposited into the bin or the bin is being emptied. Heavy duty bin liners are also encouraged as they assist in the capture of any moisture/liquid associated with food wastes. Receptacle areas should be adequately separated from food preparation areas to reduce the possibility of contamination of food.

A suitable refuse receptacle (bin) shall be provided at each stall for the disposal of wastes generated at the stall. Separation of recyclables from non recyclables is also encouraged. An area sufficient in size to store all containers used in connection with the stall shall be provided. The specified stall and surrounding areas shall be kept free from refuse and rubbish as far as possible at all times.

Minimum Stall Requirements

Stall Surfaces

The stall is to consist of surfaces that are:

- Smooth;
- Impervious;
- Unable to absorb grease, food particles or water; and
- Made from material that will not contaminate food easily cleanable.

Stalls are also advised to have some form of shade structure to assist in temperature control.

Facilities

An adequate supply of power shall be provided for all powered equipment. All power cables/cords/leads shall be isolated from the public and affixed off the ground or managed in such a way so as not to present a tripping hazard.

All barbeque facilities or hot surfaces shall be isolated from the public effectively. A fire extinguisher shall be provided at any stall using a BBQ or open flame burner.

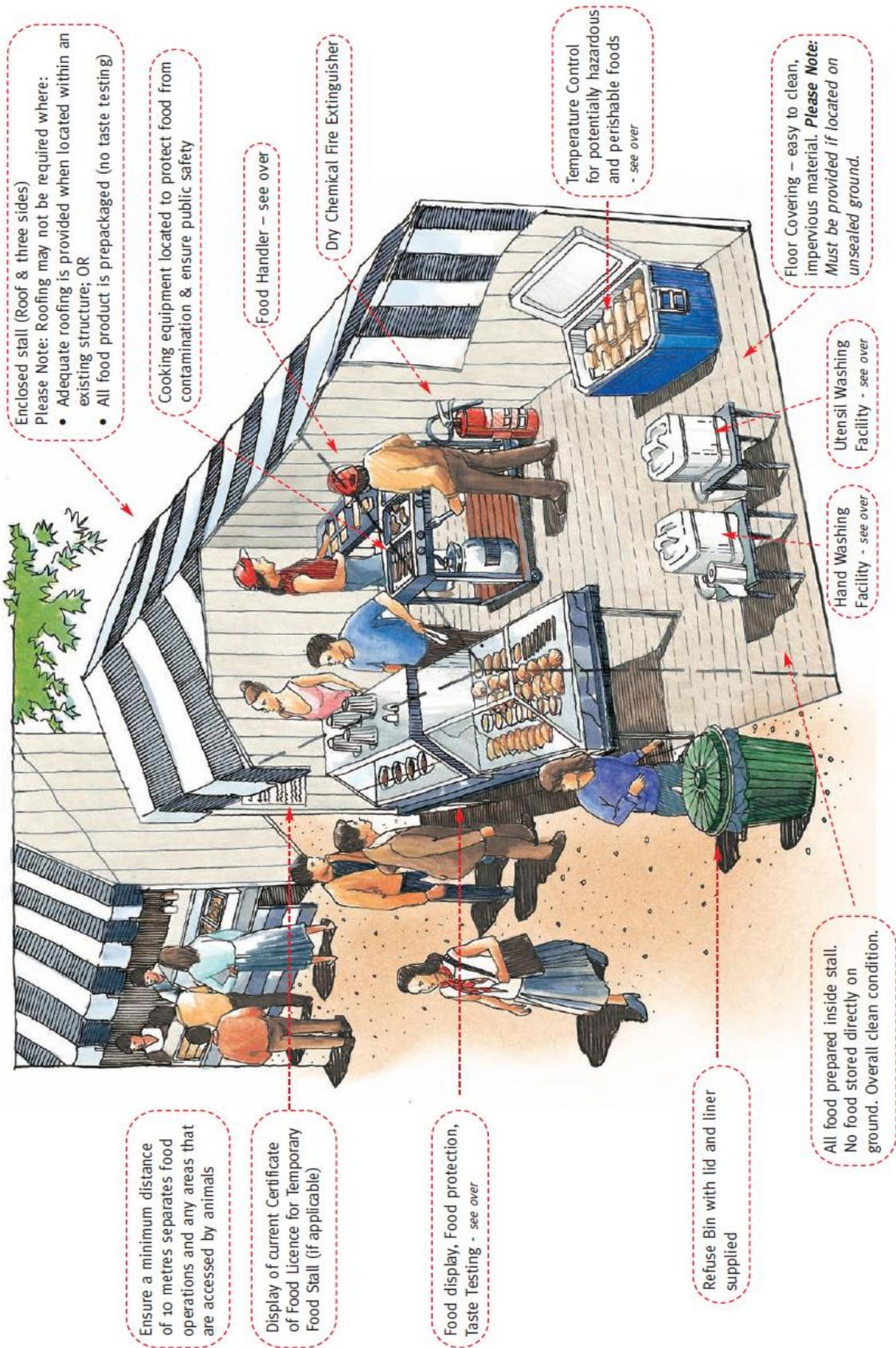


All gas and electrical installations shall comply with the Office of Energy requirements.

Please refer to the diagrams below for further detail of minimum requirements of temporary food stalls. Should you require additional assistance please contact the City's Health Services on 9273 3500.



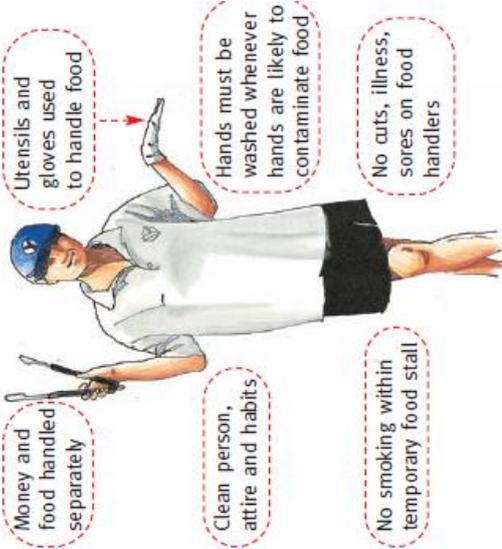
ARTISTS IMPRESSION – MINIMUM STANDARDS FOR THE OPERATION OF A TEMPORARY FOOD STALL



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Food Handlers



Money and food handled separately

Utensils and gloves used to handle food

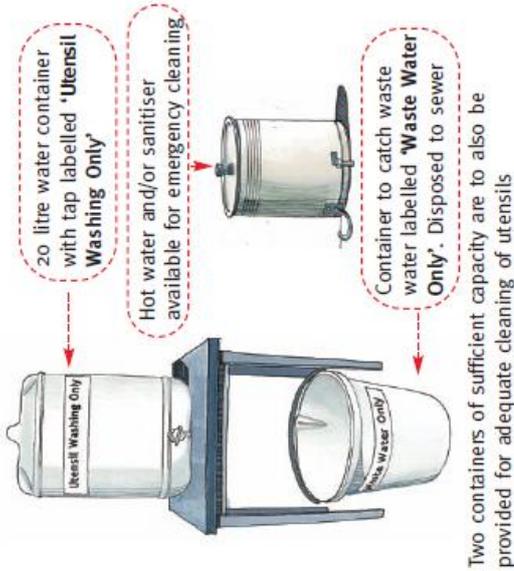
Clean person, attire and habits

Hands must be washed whenever hands are likely to contaminate food

No smoking within temporary food stall

No cuts, illness, sores on food handlers

Minimum utensil washing facilities



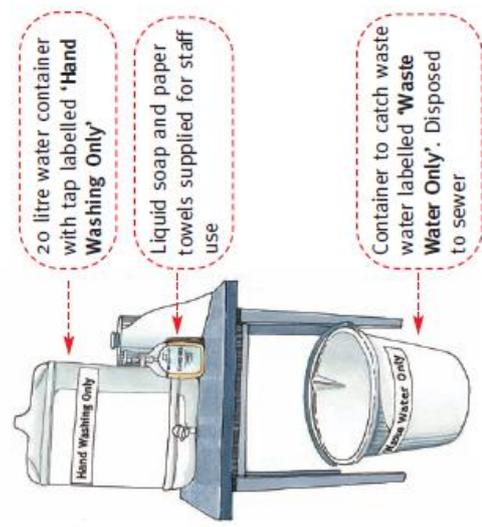
20 litre water container with tap labelled 'Utensil Washing Only'

Hot water and/or sanitiser available for emergency cleaning

Container to catch waste water labelled 'Waste Water Only'. Disposed to sewer

Two containers of sufficient capacity are to also be provided for adequate cleaning of utensils

Minimum hand washing facilities



20 litre water container with tap labelled 'Hand Washing Only'

Liquid soap and paper towels supplied for staff use

Container to catch waste water labelled 'Waste Water Only'. Disposed to sewer

Temperature control of potentially hazardous food



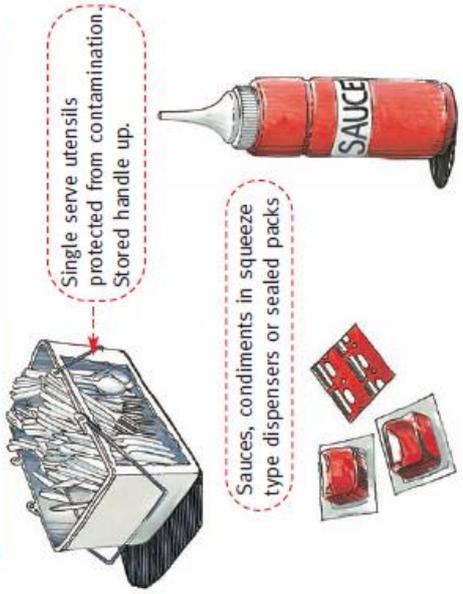
Cold Food – ensure 5°C or below

Hot Food – ensure 60°C or above



Thermometer in use

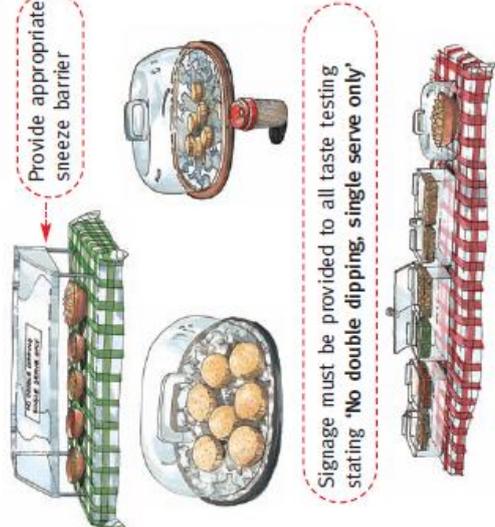
Sauces, condiments and single serve utensils



Single serve utensils protected from contamination. Stored handle up.

Sauces, condiments in squeeze type dispensers or sealed packs

Food display, food protection, taste testing



Provide appropriate sneeze barrier

Signage must be provided to all taste testing stating 'No double dipping, single serve only'

For further information on this topic, please contact Council